



# Sweet Potato Fries

4 servings

## INGREDIENTS

- 3 large sweet potatoes
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 Tbsp oil

## DIRECTIONS

- Heat oven to 400°F.
- Cut each potato in half lengthwise, and then cut each half into wedges.
- In a large bowl, combine the cut potatoes, salt and pepper and oil. Toss until potatoes are evenly coated.
- Arrange potatoes in a single layer on a baking sheet.
- Bake until edges are crisp and potatoes are cooked through, 30 - 45 minutes.
- Enjoy hot!



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.